

ENGAGEMENT ACTIVITIES FOR DPP

Seated Aerobic

Hula Hoop

TV Cycling

Spontaneous Movement/Music

Charades

Who Am I

Virtual Restaurant/Waitress

The Animated Lesson

Fat Calorie Detective

Food Tracker Demo

August 29, 2016

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Atkins - Strawberry Protein Shake, 11 oz	160	2g	9g	15g	15mg	200mg	1g	1g
Lunch								
Marie Callendars - Cheesy Chicken and Rice, 369 g	380	45g	12g	22g	55mg	900mg	4g	4g
Afternoon Snack								
Del Monte - Melon Trio, 8 oz	63	13g	0g	2g	0mg	0mg	13g	2g
Dinner								
Marie Callender's - Chicken Pot Pie, 283 g	610	57g	34g	17g	30mg	990mg	5g	5g
TOTAL:	1,213	117g	55g	56g	100mg	2,090mg	23g	12g

Meal Calculator

My Meal

Total

Chick-fil-A® Chicken Sandwich

Chick-fil-A Waffle Potato Fries® (Medium)

Iced Tea - Sweet (Medium)

970 Calories

39g Fat

7g Saturated Fat

0g Trans Fat

55mg Cholesterol

1580mg Sodium

121g Carbohydrates

6g Fiber

37g Sugar

33g Protein